



## The Heart Is Noble: Changing the World from the Inside Out

By The Karmapa, Ogyen Trinley Dorje

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. If you are inspired to take up his challenge, the Karmapa offers a path for participating in a global community that is based on compassion. In these chapters, he shares his vision for bringing social action into daily life, on a scale we can realistically manage through the choices we make every day what to buy, what to eat, and how to relate honestly and bravely with our friends and family and coworkers. His fresh and encouraging perspective shows us that we have the strength to live with kindness in the midst of the many challenges we face as socially and environmentally conscious beings. Because he sees the world through the lens of the interdependence of all beings, he sees that humans can change social and environmental problems by changing their attitudes and actions. And so, he shows ways that we can change our world by changing ourselves by examining our own habits of consumption and by being willing to look into how our food reaches our table and how the products we buy are made. In his chapter on gender,...



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